





Back Safety

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| <p>Lifting Principles</p>  | <ul style="list-style-type: none"> • Maintain a neutral spine, keep your back straight! • Hold your abdominal muscles tight, but don't hold your breath! • Use your legs to lift, not your back • Don't bend over to lift • No twisting- move your feet instead • Maintain the load as close to your body as possible |
| <p>Lifting Assistance</p>  | <ul style="list-style-type: none"> • Seek assistance when lifting: <ul style="list-style-type: none"> ○ Any loads >50 pounds (or any heavy load you do not feel confident lifting) ○ Any large or bulky loads ○ Any loads that are oddly shaped and difficult to handle • When lifting as a team: <ul style="list-style-type: none"> ○ Verbal Communication is important ○ Designate a lift leader to ensure you: <ul style="list-style-type: none"> ✓ Lift at the same time ✓ Walk in step ✓ Lower the load together ✓ Scan the environment for potential hazards first • Whenever possible, use mechanical assistance (fork lift, hand truck, dolly) which will reduce the strain on your back over time. |
| <p>Push/Pull Principles</p>  | <ul style="list-style-type: none"> • Maintain a neutral spine, keep your back straight! • Hold your abdominal muscles tight, but don't hold your breath! • Use your legs to push or pull, not your back • Don't bend over when pushing or pulling • No twisting- move you feet instead • Maintain the load as close to your body as possible • Remember: It is always safer and easier to push rather than pull |
| <p>Carrying Principles</p>  | <ul style="list-style-type: none"> • Maintain a neutral spine, keep your back straight! • Hold your abdominal muscles tight, but don't hold your breath! • Balance the carried load right to left to prevent excessive strain on your spine. • Whenever possible, utilize a cart to transport tools and equipment rather than lifting and carrying. |